



WHITEMAN SPIRIT



Volume 41, No. 9

www.whiteman.af.mil

FRIDAY, MARCH 7, 2003

9-Line Target



Defensor Vindex!

Red Carpet Rollout

This week Whiteman welcomes ...

Gen. Lester Lyles

Commander of Air Force Materiel Command

Lt. Gen. Bruce Carlson

Commander of 8th Air Force

U.S. Rep. Ike Skelton

Missouri's 4th District

U.S. Rep. Duncan Hunter

Chairman of the House Armed Services Committee

News in Brief

Mandatory suicide briefing

There are mandatory annual suicide briefings beginning at 8, 9, 10 and 11 a.m. Wednesday at the base theater. For more details, call 687-4341.

BCC luncheon set

The base community council luncheon begins at noon March 14 at Mission's End. The speakers are U.S. Reps. Duncan Hunter, chairman of the House Armed Services Committee, and Ike Skelton, Missouri's 4th District. The menu is beef Stroganoff, noodles, corn and rolls. The cost is \$7.50 for members and \$9.50 for nonmembers. Base members interested in attending must R.S.V.P. with a MasterCard or Visa to the public affairs office by noon Monday at 687-6151.

Mental health resources available

Deployment can stress service members and families. To keep balance, it helps to think about the emotional health of the whole family. Merit Behavioral Care exists to help people with concerns about emotional health.

The TriWest's Web site, <http://www.triwest.com>, has a link to a program called Magellan Assist. This site provides information on mental health issues. It has a confidential tool to help people decide whether they need professional help and it has self-help resources. A mental health therapist is available 24 hours daily at 888-910-9378.

Weather

Saturday

Partly cloudy



H 45°

L 34°

Sunday

Snow



H 40°

L 29°

For more complete weather information, visit <https://www.whiteman.af.mil/509oss/osw/index.htm>. Courtesy of 509th OSS/OSW



Photo by Airman 1st Class Nick Martin

Col. Doug Raaberg, 509th Bomb Wing commander, answers questions at Monday's town hall meeting.

Commander addresses concerns

By Airman Joe Lacdan
Public Affairs

We're all in this together was one of the messages Col. Doug Raaberg, 509th Bomb Wing commander, addressed at two town hall meetings Monday at Mission's End. The extension of base members assigned to Aerospace Expeditionary Forces 7/8 was the catalyst for the meetings.

As base members prepare for a possible war, Raaberg answered questions concerning the spouses and families of deployed members. He answered questions ranging from suggested forms of communication for families to their deployed members to family care.

The colonel asked them to be patient with the morale calls to their loved ones in remote locations as they sometimes depend on several factors: the location of the member, the time when the call is made at Whiteman and at the remote location, and the duties of the deployed member.

Raaberg emphasized that base members must face these challenges together and that if people have questions, they should ask. He told audience members there are many resources available to help overcome the challenges. They include the key spouses program, mental health resources, first sergeants and commanders.

He stressed the importance of the key spouse program, which is a new program on Whiteman. Key spouses are a focal point for information and support to families in their units.

A key spouse is a member of the unit who is available to listen when people need to talk, and can also point families in the right direction for various services. The program is linked to the family support center, which is an important source for information and support, Raaberg said.

Raaberg mentioned new options to help families understand and cope with stress while their deployed member is away.

One that's on the horizon is a children's mock deployment program, originally performed at Langley Air Force Base, Va., to help children understand the deployment



Photo by Tech. Sgt. Rex Fleming

Airman Basic Michael Boyd, 509th Aircraft Maintenance Squadron, cares for Shelby Lane Parsons during Monday's town hall meeting.

experience.

The upcoming completion of the Cyber Cafe in the Ozark Inn dining facility should also help boost morale and give people another way to keep in touch. Also, family members without Internet access will be able to use the Cyber Cafe to contact deployed loved ones.

Raaberg also honored the first sergeants for their role in supporting the mission by helping take care of airmen's concerns and upholding standards in stressful times.

He said the first shirts are on the front lines when it comes to taking care of families. "It's their mission, it's what they do best," Raaberg said.

While these were the first town hall meetings, Raaberg plans to make them routine and encourages spouses to bring questions to the meeting.

AEF rhythm affected by current operations

Gen. Hal Hornburg

Air Combat Command Commander

LANGLEY AIR FORCE BASE, Va.

— In the last several weeks, ACC people have been called upon to deploy in support of national security objectives in Southwest Asia and other locations. The number of people and resources needed to fulfill these new requirements has demanded flexibility in the way we deploy.

Since 1999, the Aerospace Expeditionary Force structure has provided predictability and stability to our people and their families. The AEF embodies one of the key tenets of airpower — flexibility. The AEF is a force presentation tool designed to ensure fully trained and combat-capable airpower forces are available to combatant commanders anywhere, anytime. It allows the Air Force to respond to the full spectrum of military operations, from humanitarian operations and exercises to large-scale conflicts.

Using this structure, the Air Force is able to respond to any situation our political and military leaders deem appropriate in order to achieve our national security objectives. Every airman is critical to the success of the AEF.

The AEF functions in many environments from steady state to crisis. Our AEF

structure contains 10 sets of capabilities divided into five pairs, and follows a 15-month rhythm to allow our people to better plan for deployment. Each AEF pair normally deploys for three months, followed by a 10-month training period focused on individual skills, exercises, and inspections to ensure combat readiness, and a two-month focus on forward-deployment preparation.

The 10-month period gives our people time to reconnect with their families, pursue personal and professional requirements and goals, and train for their next deployment cycle. Steady-state requirements have historically been fulfilled by two AEFs deployed for a three-month rotation. Crisis operations, which require resources beyond those available in two AEFs, are met by systematically deploying the next most ready AEF forces.

The ongoing global war on terrorism requires the AEF to operate in the "crisis" environment. Current world events are requiring more people and resources than a single AEF pair can support. These requirements will likely result in our people being gone longer than 90 days, forcing us to interrupt our normal AEF rhythm.

I know this is difficult for our airmen and their families, but I know our people are ready to do whatever our nation asks us



Photo by Staff Sgt. Jessica Kochman

Col. Doug Raaberg, 509th Bomb Wing commander, greets Gen. Hal Hornburg, commander of Air Combat Command. Hornburg visited Whiteman in July 2002.

to do. The combined efforts of the entire Air Force team — active duty, Reserve, Guard, and civilians — are needed to meet the current challenges we are facing. Our Air Force leadership has promised to make every effort to relieve those deployed as mission requirements allow.

Despite the increased demands on our

people, I know our airmen are up to the task. We are the best-trained and equipped Air Force the world has ever seen. Our airmen will make our nation proud. I salute the men and women of ACC for their dedicated service to our country and their families for their unwavering support. I am proud to serve with you.



Photo by Staff Sgt. Francesca Popp

Maj. Rex Adee, 509th Logistics Readiness Squadron commander, and Airmen 1st Class Bal-tazar Monar and Ed Yacoboizzi, 509th LRS, inspect a pallet to ensure it's ready for shipping.

Safety is key in preventing accidents

By Maj. Rex Adee

509th Logistics Readiness Squadron

In light of the recent changing weather conditions and numerous accidents on and off base, I'd like to refer to an editorial from the "Air Force Journal of Occupational, Recreational, and Driving Safety" by managing editor Bob Van Elsberg. In this article, he asked whether an accident is really an unpredictable, unpreventable event or an act of negligence. As an example, having your car broadsided by a mud slide is an accident. Having your car broadsided at an intersection by an inattentive driver isn't an accident; it is negligence.

In fact, the distinction between accidents and acts of negligence has become so blurred, there are studies regarding the difference. John Myre, owner of the commercial publication "Safety Times," did a study on this. In his study, he points out "a basic reason employers and society don't pay more attention to off-the-job safety is that the word 'accident' is used incorrectly." He then goes on to point out most accidents are failure. They're failures on our own part or failures on the part of others. Somebody is responsible for failing to follow the requirements.

The National Safety Council has also changed its stance in replacing the words "accidental causes" with "preventable causes" in its mission statement. Why? It's to better describe incidents and encourage people to think about associated risks for activities.

Isn't this what the Air Force has been stressing through

our Operational Risk Management program? How often have we gotten hurt doing something we knew was unsafe, but called it an accident because it made us feel less guilty? Such as reaching out too far from a ladder rather than repositioning it because it's quicker. If we're honest, most of us would admit we've been there, done that. Could it be that many of those accidents could've been prevented if we had considered the risks before we took action? I believe the answer is yes.

Ask yourself, "What are the risks?" before driving under the influence of alcohol or fatigue, riding a motorcycle or bicycle without protective gear, going boating without a life jacket, or trying to prove you're Superman by lifting something too heavy. Think about the hazards involved. Ask if it's worth risking a trip to the hospital or worse? Ask yourself if you can do something to protect yourself and lessen your risks?

Think about your options, then make what you believe is the best decision. Also, step up to the plate and be responsible for your safety and perhaps that of others by acting on your decision. Finally, ask yourself later on if you did the smart thing, if you made the best decision. If you did, chances are you won't have to cover up an embarrassing possibly painful act of negligence with the all-too-often-lame excuse, "I had an accident."

With the weather constantly changing and increased mission requirements, we need to look at the tasks we're doing and decide if we're doing them in a safe manner. We all have people counting on us to be there, so let's ensure we are!

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WHITEMAN SPIRIT

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.af.mil or write to us at:

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Hawk earns intelligence award at Air Combat Command level

By Staff Sgt. Francesca Popp
Public Affairs

A 509th Operations Support Squadron hawk received an Air Combat Command-level award recently.

Capt. Mack Curry earned the Maj. Gen. John S. Patton Outstanding Active Duty Intelligence Officer of the Year — Level II Award.

The chief of the intelligence operations element said he's honored to receive this recognition, but credits the people he works with because of their dedication.

"It's great to be recognized by the leadership for the work I do, but the credit really goes to the troops under my command," Curry said. "They are the ones who really put everything together to get our job done."

Maj. David Scanlon agrees, but said Curry is a person who can predict what the wing and B-2 need to put bombs on target at a moment's notice.

"He's able to keep wing leadership informed of the current situation and foresees where the wing is going," said Scanlon, 509th OSS Intelligence Flight commander.

"He has the ability to analyze information, realize the subsequent impacts to the mission of the B-2, and knows exactly how to relay that information for proper mission planning," said Scanlon.

While the B-2 is one of the most intelligence-intensive airframes in the Air Force, Curry said it takes more work to get the B-2 off the ground than other aircraft. It starts with the intelligence flight.

"Our guys get this information to the pilots as well as the mission planners

who build the actual missions," the Wichita, Kan., native said. "Before a B-2 can fly a sortie, my intel people must look at every threat from every angle to figure out how to best get the B-2 across the target and home safely."

In a job where the information is constantly changing, Curry said this was his first choice for an Air Force career when he was commissioned.

"I wanted to have a job where something new happens daily. I really like analysis and enjoy the challenges I face here," said Curry, who earned his commission through Air Force ROTC at the University of Kansas.

Curry said this recognition comes from his peers in the intelligence community.

"Those people work just as hard and also deserve this," Curry said.



Photo by Staff Sgt. Francesca Popp

Capt. Mack Curry, 509th Operations Support Squadron, recently received the Maj. Gen. John S. Patton Outstanding Active Duty Intelligence Officer of the Year — Level II Award.



Courtesy photo

Senior Master Sgt. John Little and Staff Sgt. Richard Silney, 509th Civil Engineer Squadron, work at a deployed location.

Common deployment myths dispelled

Myth: My spouse was deployed for 90 days, and was extended to 179. Now I hear it will be 225 days or longer.

Fact: Aerospace Expeditionary Force 7/8 members have been extended only to 179 days. Exceeding 179 days temporary duty in one location during a 12-month period requires a Secretary of the Air Force waiver. These are done on a case-by-case basis and are typically requested for people possessing specific skills, or in specialized and stressed career fields.

Myth: If my spouse exceeds 180 days TDY, will short-tour credit be awarded?

Fact: To receive short-tour credit, a member must be deployed 300 days within an 18-month period. If a member moves to a short-tour location on a 12-month tour, the member must serve at least 181 days to receive short-tour credit.

A package is currently on the Secretary of the Air Force's desk for his approval which grants short-tour credit for anyone TDY to a single location during a 12-month period that was awarded hazardous duty pay, or imminent danger pay since Sept. 11, 2001. Information will be forthcoming when this package is approved.

Myth: Short-tour credit will be awarded after 225 days TDY.

Fact: Before October 2001, a general officer had to approve members serving 220 days TDY during a year because they earned an additional \$100 a day. This practice was suspended and has no impact on short-tour credit.

Keeping in touch Deployed members, families have options

By 2nd Lt. Eric Paulikonis
509th Communications Squadron

Communicating with a spouse who is deployed is critically important. The most reliable — and sometimes only available means of communication — is sending a letter through the mail for 37 cents.

These options can help improve the link between you and your deployed spouse. Talk with your spouse to determine the most effective and reliable means for communication at the actual deployed or remote location. Keep in mind every location is different.

What are some commercial calling sources?

After contacting AT&T, MCI and Sprint, these are the rates for some specific areas:

Carrier	Location	Cost
AT&T	Diego Garcia	\$1.52
	Kuwait	\$0.52
	Saudi Arabia	\$0.51
	Turkey	\$0.45
MCI	Diego Garcia	\$2.02
	Kuwait	\$0.47
	Saudi Arabia	\$0.49
	Turkey	\$0.45
Sprint	Diego Garcia	\$2.02
	Kuwait	\$0.47
	Saudi Arabia	\$0.49
	Turkey	\$0.45

What are some other common communication options available?

Location	DSN/VTC	Morale	E-mail	IM
Al Jaber	Yes/No	Yes	Yes	Yes
PSAB	Yes/No	Yes	Yes	Yes
Incirlik	Yes/Soon	Yes	Yes	Yes
DG	Yes/Yes	Yes	Yes	Yes

Are DSN calls authorized in and out of Diego Garcia?

Inbound and outbound calls over DSN lines are restrict-

ed due to a local area agreement with British Telecom. Deployed members sent to Diego Garcia receive \$24 in phone credits every month on a credit card.

The base operators here know that two morale calls are allowed every seven days for deployed and remote members.

Where can I gain access to a computer to use e-mail or possibly instant messaging?

The base library is open to people who have military ID cards or base passes. Several computers are connected to the Internet for people to access e-mail. The hours are:

- ✓ 11 a.m.-10:30 p.m. Mondays-Thursdays
- ✓ 11 a.m.-6 p.m. Fridays
- ✓ 11a.m.-5 p.m. Saturdays
- ✓ 1-5 p.m. Sundays
- ✓ Closed holidays and times vary on Spirit Days.

What are some sources for downloading Internet voice-only programs?

Several different programs can be found at <http://www.download.com> and perform a search by typing "Internet phone." Most of these programs require a software download from the Internet and a microphone with speakers, or a headset-type microphone and speaker combination.

These programs can be accessed on a dial-up modem, but the connection may have some distortion or delays based on connection speeds. The free downloads are:

PC to PC

Speak Freely — <http://www.speakfreely.org> (only works between computers with software on each end)
PhoneFree 7.2.20 — <http://phonefree.com/>

PC to Phone

Dialpad.com — <http://www.dialpad.com> (call any commercial number with software loaded on home PC)

PC to PC or PC to Phone

iConnectHere PC Phone 5.1 (Free trial, \$9.00 to purchase) <http://www.icconnecthere.com>

What is instant messaging and where can I get the program?

Instant messaging is like sending a personal note. A small pop-up window usually appears and you can send text lines to carry on an electronic conversation. Here are some free sites to get you started:

- ✓ AOL Instant Messenger — <http://aim.com/index.adp>
- ✓ MSN Messenger — <http://messenger.msn.com>
- ✓ Yahoo Messenger — <http://messenger.yahoo.com>
- ✓ ICQ Messenger — <http://web.icq.com>



Photo by Maj. Don Langley

Setting the scene

Tech. Sgt. Randy Royer and Airman 1st Class Maria Marciel, 509th Services Squadron, prepare for the monthly birthday dinner at a deployed location. They are deployed with the 379th Expeditionary Services Squadron.



Courtesy photo

'Major' change

Capt. Don Langley, 509th Bomb Wing, has major oak leaves tacked on by Brig. Gen. Rick Rosberg, 379th Air Expeditionary Wing commander, and Chaplain (Maj.) Frank Hamilton, 397th AEW Protestant chaplain. Langley is deployed with the 379th AEW.

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102 people add stripe to uniform

More than 100 people added a stripe to their uniform during the 509th Bomb Wing Promotion Ceremony Monday.

They are:

Airmen **Mario Esparza**, 509th Logistics Readiness Squadron, **Celine Gueit**, 509th Communications Squadron, **Christian Hollins**, 509th Services Squadron, **Kenneth Human**, 509th Security Forces Squadron, and **Bernard Watson**, 509th CS.

Airmen 1st Class **David Andrews**, 509th Operations Support Squadron, **Jonathan Barnes**, 509th OSS, **Michael Becton**, 509th SFS, **Alishea Coney**, 509th SFS, **Darion Curtis**, 509th LRS, **Bradley Dugan**, 509th Maintenance Squadron, **Andrew Enriquez**, 509th MXS, **Jose Espinoza**, 509th MXS, **Alexandra Esselman**, 509th SFS, **Scott Greene**, 509th OSS, **Junior Griggs**, 509th SFS, **Brennan Guinness**, 509th Civil Engineer Squadron, **Jared Hawxhurst**, 509th OSS, **Donyull Haywood**, 509th OSS, **Raymond Hinds**, 509th LRS, **Jannica Hoover**, 509th SFS, **Blair Howard**, 509th SFS, **Steven Jonas**, 509th Aircraft Maintenance Squadron, **Cory Lasseigne**, 509th SFS, **Richard Limburg**, 509th AMXS, **Janinaeva Newton**, 509th OSS, **Jerrold Pilant**, 509th SFS, **Albert Smith**, 509th OSS, **Nicole Strawhand**, 509th Medical

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Senior Airmen **Terri Adams**, 509th CES, **Joshua Angus**, 509th CES, **Fernando Capellan**, 509th AMXS, **Nathan Custer**, 509th AMXS, **Morgan Digesualdo**, 509th Medical Operations Squadron, **Kevin Eby**, 509th AMXS, **Larry Eckert**, 509th CES, **Clay Farris**, 509th MXS, **Corwin Fluit**, 509th CES, **Jesus Gonzalez**, 509th MXS, **Spencer Hillis**, 509th Munitions Squadron, **Kendra Huber**, 509th SFS, **Derrick Junge**, 509th AMXS, **Eugene Lucero**, 509th SVS, **Gilbert Ozuna**, 509th LRS, **Michael Parks**, 509th AMXS, **Jeremy Pratt**, 509th AMXS, **Jason Quadros**, 509th MXS, **Robert Sanders**, 509th MUNS, **Michael Sands**, 509th AMXS, **Charles Schillaci**, 509th MUNS, **Antaeus Silas**, 509th AMXS, **Joshua Stearns**, 509th CES, **Mark Suwinski**, 509th AMXS, **Michael Thombs**, 509th SFS, **Rekeya White**, 509th MXS, **Steven Wiley**, 509th MUNS, and **Abraham Woods**, 509th CES.

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Master Sgts. **Scott Gordon**, 394th Combat Training Squadron, **Lesley Rosser**, 509th SFS, and **Bain Walling**, 509th Comptroller Squadron.

Senior Master Sgt. **Morgan Spruill**, 509th CES.

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Photo by Airman 1st Class Nick Martin

Chaplain (Maj. Gen.) Lorraine Potter, chief of Air Force Chaplain Service, speaks at Whiteman's National Prayer Breakfast Tuesday.

Prayer breakfast carries on tradition

By Airman 1st Class Nick Martin

Public Affairs

Military and community members of all faiths united for Tuesday's National Prayer Breakfast at Mission's End.

The National Prayer Breakfast/Luncheon began in the United States during the Dwight D. Eisenhower administration. For years, U.S. leaders had gathered informally for prayer and Scripture readings but the Eisenhower administration felt it should be formalized and began the annual event.

Chaplain (Maj.) Gino Bartmess, 509th Bomb Wing senior Protestant chaplain, said U.S. leaders have kept this tradition alive because they see its value.

"This is where leaders, no matter their denomination, come together to acknowledge the validity, power and strength that comes only through prayer," he said. "At the same time, they continue to uphold the American ideals of diversity and pluralism, recognizing the rights of every American to have the freedom to, for or from religion as designed by our forefathers in the Constitution."

Whiteman's breakfast combined Hebrew, Christian and Hindu Scripture readings with prayers for world peace and

the nation, but the pinnacle of the prayer breakfast came when Chaplain (Maj. Gen.) Lorraine Potter addressed the crowd.

Potter, chief of the Air Force Chaplain Service, was commissioned in 1973 and is an ordained minister of the American Baptist Churches.

The Rhode Island native spoke to a crowd of more than 150 people about the importance of optimism and faith.

"When looking toward the future don't be afraid, don't look threw clouds of fear, look for the surprises God has in store for you," she said. "When confronted by illness, danger or even death there is the undeniable presence of God. When you travel with God, there is always a rainbow waiting."

The general said there is nothing worse than a man with sight that has no vision and the fear brought on by deployments and possible war is temporary. "We must look past the fear and have the vision of the peace to follow," she said.

Potter concluded her speech by quoting Francis Scott Key's last words to the "Star Spangled Banner." She said, "That banner will still wave over this country, under God, after the clouds of fear have lifted."

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Black History Month luncheon promotes patriotism, pride



The annual Black History Month luncheon took place Feb. 28 at Mission's End. Featured at the luncheon was Col. Henry Childs, Air Force Reserve Command chief of logistics plans, static displays and a cappella music by the base chapel choir directed by 1st Lt. Michael Taplin, 509th Medical Support Squadron, and "Lift Every Voice and Sing," led by Senior Master Sgt. Anita Berber-James, 509th Bomb Wing.



Senior Master Sgt. Anita Berber-James, 509th Bomb Wing, leads the crowd in song.



Col. Henry Childs speaks to the more than 70 people gathered to celebrate Black History Month at Mission's End Feb. 28.



Staff Sgt. Lamont Smith, 509th Aircraft Maintenance Squadron, looks at static displays and paintings at the luncheon. The paintings featured aspects of African American culture



Second Lt. Rosaiah Manigault, 509th Operation Support Squadron, presents Col. Henry Childs with a B-2 at the luncheon.



Col. Henry Childs, Air Force Reserve Command chief of logistics plans, received a standing ovation after his speech highlighting the accomplishments of African American patriots. The members of the Black History Month committee began planning the event in October.

Photos by Airman1st Class Nick Martin

1st Sergeant's View

(Editor's note: The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies, and proper military decorum. Each week, a different first sergeant will share their view.)

By Master Sgt. James Sales

393rd Bomb Squadron Additional Duty First Sergeant

Drinking can be expensive in more ways than one. In addition to financial consequences, many careers have been cut short because of a driving under the influence conviction.

As airmen, our jobs are serious and important. A bad day on the job can cost lives. The Air Force doesn't view heavy drinking as socially acceptable. The cost in lives and money is too great to encourage this behavior.

To discourage DUIs, the Air Force established designated driver programs like Airmen Against Drunk Driving.

The hazards of alcohol consumption is also addressed during commander's calls and safety days, but somehow, the message sometimes doesn't get through. Every life is valuable and important — one tragic loss is one too many especially when it's preventable.

We need to take time to consider our views on alcohol. We must realize alcohol is an addictive, dangerous drug that causes more deaths than any other drug.

Think before you start drinking and make sure you have a plan. Once you start drinking, it's too late to plan because alcohol impairs judgment. Luck has no part in plans — don't depend on it.

Decide how much alcohol you'll consume and know when you've reached that limit. Have the designated driver tell you when to stop drinking and listen to the advice.

Remember, alcohol-related mishaps are not accidents, they are preventable crimes. Let's do our part before someone we love and care about is a victim.



Photo by Staff Sgt. Francesca Popp

Master Sgt. James Sales, 393rd Bomb Squadron additional duty first sergeant, talks with squadron members Airman 1st Class Jason Serpa and Senior Airman Melissa Geer about Airmen Against Drunk Driving.

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Whiteman Spirit Award



Senior Airman Howell Heron
509th Services Squadron

Senior Airman Howell Heron received the Whiteman Spirit Award from Col. Ned Schoeck, 509th Bomb Wing vice commander, Feb 28.

Tech. Sgt. Jon Sanders, 509th Security Forces Squadron, nominated Heron for the award.

As the SVS sports director, Heron was in charge of this last season's intramural basketball program.

Sanders, coach for 509th SFS Over-30 team, was unable to get enough of his players to play a scheduled game due to work schedule conflicts. Sanders told Heron, who came in on his day off to coordinate a better time with both teams.

"He understood that the mission comes first in two aspects — protecting the base and providing quality programs are both important," said Sanders. "He has gone out of his way for our squadron as well for the sports program as a whole."

Sanders said he considered this past season the most enjoyable sports experience he's had in four years at Whiteman and that Heron had a lot to do with that.

"The Whiteman community should be grateful we have such a fine airman taking

care of our fitness needs," said Sanders.

Personally Speaking

Duty Title: Sports director

Time on station: 4 years

Time in service: 4 years, 4 months

Hometown: Newark, N.J.

Spouse: Opal

Children: Lichelle, 11, and Isaiah, 4

Goals: To get a culinary arts degree, a hotel management degree and achieve the rank of chief master sergeant.

Hobbies: Soccer and working out.

Pet Peeves: Disrespect toward anyone.

Best thing about Whiteman: Being able to get a higher education through college and upgrade training before I receive a permanent change of station.

What motivates your winning spirit? Being an airman with supervisors who look out for your best interest and don't hesitate to take time out of their busy schedule to help you.

If you could change on thing about Whiteman, what would it be? Give the troops on this side of the fence an opportunity to see and touch the primary aircraft we support.



... on **Master Sgt. Steve Ramage**, 509th Aircraft Maintenance Squadron, for earning the Distinguished Graduate Award from the Senior NCO Academy at Maxwell Air Force Base, Ala.

... on **Master Sgt. Christopher Riley**, 509th Maintenance Squadron, for graduating from the Senior NCO Academy at Maxwell Air Force Base, Ala.

... on **Airmen 1st Class Ryan Roberson** and **Dan Matsumoto**, 509th Operations Support Squadron, for achieving their air traffic control facility rating.

... on **Senior Airman Ericka McDaniel**, and **Airmen 1st Class Joshua Varga** and **Monteray Sellers**, 509th Aircraft Maintenance Squadron; **Airman 1st Class Clint Goodwin**, 509th Munitions Squadron; **Airman 1st Class Joshua White**, 509th Security Forces Squadron; **Senior Airman Charles Loftus**, 509th Maintenance Squadron; **Tech. Sgt. Sue Myers**, 509th Contracting Squadron; and **Master Sgt. Robert Dempsey** and **Tech. Sgt. Robert Agard**, 509th Communications Squadron, for achieving at least a 90 percent on their career development course end-of-

course test.

... on recent Airman Professional Development Course graduates: **Airmen 1st Class Joshua Turner** and **James Reafleng**, 509th Maintenance Squadron; **Airman 1st Class Craig Hoivik**, 509th Communications Squadron; **Airman Samyra Nikbakhsh-Tali**, 509th Medical Group; **Senior Airman Jaime Torres**, **Airman 1st Class Jose Garcia** and **Airman James Mabry**, 509th Logistics Readiness Squadron; **Senior Airman Jonathan Fernandez**, 509th Maintenance Group; **Airman 1st Class Matthew Christian**, 509th Aircraft Maintenance Squadron; **Airman Joe Laedan**, 509th Bomb Wing; **Airmen 1st Class Arrie Croz** and **Ray Richmann**, 509th Security Forces Squadron; **Senior Airman Steven Johnson** and **Airman 1st Class Normica Miller**, 509th Operations Support Squadron; **Airman 1st Class David Mendez-Priego**, 509th Medical Support Squadron; **Senior Airman Willie Rodriguez** and **Airman 1st Class Melissa Wrona**, 325th Bomb Squadron; and **Senior Airman Andrew Buchl**, 509th Civil Engineer Squadron.

Caring for baby teeth ensures lasting smile

By **Capt. (Dr.) Daniel Rovelstad**
509th Medical Operations Squadron

Dental care should be a part of everyone's day, beginning with infancy. Regular teeth cleaning should begin when a baby's first tooth begins to help avoid decay.

Unlike adult cavities, which are usually hidden from view, baby tooth decay strikes some of the most visible parts of the front teeth. Once the outer white layer of enamel has been softened, the process of decay increases and a cavity can develop rapidly.

Because milk, formula, juices and other sweet drinks have sugar in them, the bacteria that live in a baby's mouth turn the sugars from these fluids into strong acids that can weaken tooth enamel and cause ugly cavities in your infant. Therefore, when putting a baby to bed with a bottle, dentists recommend putting water in the baby bottle.

Tooth decay can be prevented by making enamel stronger and reducing exposure to bacteria acids. Fluoride is the most effective way to strengthen teeth. The best amount of fluoride in water is 0.7 to 1.2 parts per million. Whiteman's water has natural fluoride at 0.7 PPM. People who live off base should check with their water depart-



Photo by Airman 1st Class Nick Martin

Staff Sgt. Simone Lewis and **Sharon Kendell**, 509th Medical Operations Squadron, teach dental health to students at Whiteman Elementary School.

ment for proper levels.

If there aren't adequate fluoride levels in a baby's diet, consider seeing a pediatrician about fluoride supplements.

Saliva is a natural cleanser of an infant's mouth because it helps prevent exposure to tooth-damaging bacteria acids. Enzymes in the saliva change the sugars in milk and juices into safe forms for a baby's nutrition. However, saliva decreases when the baby falls asleep and liquid remaining in the infant's mouth will pool next to the teeth slowly and allow bacteria acids to dissolve the enamel.

Many babies fall asleep during feeding so gently brushing the teeth is important. For best results, this brushing

should be done within 15 minutes of feeding.

When the first tooth comes in brush using a clean, soft cloth or a baby's soft toothbrush at least once a day. Create happy experiences for your child by cleaning your child's teeth right before bedtime. Consider taking your child to the dentist every year starting between the ages of 1 and 2.

Tooth decay may not seem like a big deal, but these are the only teeth your baby will have during the years when much of the personality and self-image are formed. Additionally, baby teeth hold spaces for adult teeth. Losing a baby tooth too early can cause orthodontic problems during teenage life. Baby teeth are important in the development of a healthy adult smile.



Civilian Employee of the Week

Heather Gutierrez was nominated for this award by Debbie Kermick, 509th Services Squadron youth programs director. Gutierrez implemented life skills activities for youth in the before- and after-school program. The school-age program assistant's activities include a certified sew master program that teaches 5- to 12-year-olds to use a sewing machine; the birthday club which incorporates planning, cooking and social skills; workbench projects stressing safety and tool use; the holiday Adopt-a-Family to instill selflessness in the children; and a parent and child recycling program that teaches caring for the earth and parent partnership. "Heather has a gentle smile for the children and a genuine love for her job. She sees that her work with the children will impact them for years to come," Kermick said. "She is never afraid to take a risk, to try something new or to take time out for a child who needs her."

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Tech. Sgt. Courtney Risk, a 509th Operations Support Squadron survival instructor, uses tactical interrogation on Capt. Eric Lapine, 393rd Bomb Squadron. Lapine was evaluated and given the opportunity to correct his mistake of being captured.

OPERATION SURVIVE

Whiteman pilots test limits in combat survival training

By Airman Joe Lacdan
Public Affairs

Hours before dawn breaks, 14 Whiteman pilots run through a forest in the haunting darkness of a steaming Missouri night. Dressed in full camouflage gear and equipped with survivor radios and night vision binoculars, they duck behind trees. They low crawl. The pilots evade aggressor units. They have gone 19 hours without sleep. But they are far from danger.

The 14 officers participated in a mandatory combat search-and-rescue exercise as part of the combat survival training course designed to keep pilot's survival skills intact. Master Sgt. Cecil Del Rosario and Tech. Sgt. Courtney Risk, 509th Operations Support Squadron, dedicate themselves to enhancing the survivability and recovery of B-2, T-38, A-10 pilots and anyone else who requires the training. They are two of 280 survival, evasion, resistance and escape specialists in the Air Force.

Located at the Ralph and Martha Perry conservation area 10 miles north of Knob Noster, the exercise took place far from a combat zone. But Del Rosario and Risk have created elements to construct a realistic survival environment.

The instructors set search dogs loose. They scream at participants who don't follow correct survival procedures.

"It was one of the most realistic training courses I've ever had," said Lt. Col. Britt Bankson, chief of standards and evaluation at Nellis Air Force Base, Nev., who attended the training here in August. "It was almost too realistic."

Participants exercise skills needed to guide recovery units such as special forces, U.S. Navy SEALs or the Army Green Berets to their location. They also learn how to cope with psychological stress while trying to survive, make evasive plans of action, use medicine and use recovery procedures.

"Your life may depend on the equipment in your vest," said Lt. Col. Dan Pfaff, 509th OSS director of operations. "(Survival skills) could be the difference between getting picked up by the friendly guys or spending five years as a (prisoner of war)."

The pilots who began their training at 6:45 a.m. the previous day built fires, drew water from tree vines and built shelters from scratch. They also learned to salvage food from the land.

"It's fun just to get out in the woods," said Maj. Ken Johnson, 509th OSS weapons tactics flight commander. "But it's also very educational and a good tune-up on skills we don't exercise very often."

The training concludes with an evasion exercise where the pilots must depend on themselves without instructor assistance. They use their equipment to navigate the land, avoiding aggressor units to find the specified recovery point. They run, they roll, they look over their shoulder. Hopefully, it won't ever come to this in real combat. But if it does, Whiteman's pilots will be ready, Risk said.

"Although this training is compacted in a short amount of time, it keeps the pilots' skills sharp so they can survive," Del Rosario said. "Hopefully, it will keep them from ever becoming a trophy in the hands of the enemy."



Master Sgt. Cecil Del Rosario, 509th Operations Support Squadron survival instructor, demonstrates how to remove water from tree vines.



Master Sgt. Andre Lange, 509th Maintenance Group, puts on camouflage face paint during the evasion exercise. Lange was part of the mock aggressor unit assigned to hunt the pilots while simultaneously monitoring safety.



Lt. Col. Britt Bankson, assigned to the 53rd Test and Evaluation Group, Nellis Air Force Base, Nev., uses a PRC-112B survival radio as Capt. Matt Brechwald, 393rd Bomb Squadron, and Maj. Jason Armagost, 509th Operations Support Squadron, look on.



Tech Sgt. Courtney Risk, 509th Operations Support Squadron survival instructor, talks with Lt. Col. Andy Cernicky, 394th Combat Training Squadron commander, about the use of a PRC-112B survival radio.



Survival instructor Master Sgt. Cecil Del Rosario, 509th Operations Support Squadron, talks about correct procedure during a special forces rescue.

Who was the most influential woman in your life and why?

(Editor's Note: To celebrate Women's History Month, the Whiteman Spirit is publishing answers to this question. Look for other stories in future March issues of the paper.)

Airman 1st Class Tashema Ward
509th Maintenance Operations Squadron

"My grandmother is the most influential woman in my life. She taught me that if you can count all your true friends and use all fingers on one hand, then you are truly blessed. She never said, 'I told you so' or made me feel horrible if I made a mistake. She also taught me the art of choosing whom I share confidential things with. Her famous saying was 'Just hide and watch.'"



Mike Orrison
509th Services Squadron

"The most influential woman in life is my beautiful wife, Consuelo. She has been with me for 35 great years and married to me for 33 years. She's the reason I am the person I am and have the job I have. It isn't easy being a services wife — military or civilian — because of all the extra hours put in for special events plus the normal day-to-day job. She's the type of wife who's willing to come to work if I was to ask her. She's always by my side and supports me in my career even though it meant she would have to start her career over and over again at each base we were reassigned to. Connie is my special gal 'until the 12th of never.'"



Staff Sgt. Kent Tullis
509th Medical Operations Squadron

"The most influential woman in my life is my wife, Dayna. She is in all aspects and doesn't fit the mold of 'a typical wife.' She supports my endeavors in life and career to a tee. She unselfishly provides for our child and the one on the way by being a full-time mother, role model and part-time worker. Dayna works hard to instill Christian values in our family. She keeps me on the straight and narrow as well. She's a college-educated woman who put her life on hold in order to support her husband, family and the Air Force. If you ask her, she's happy to do it and would do it all over again. She's a great person who I love, admire and respect and will forever. I'd give my life for Dayna as I would for my country."



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What's Happening

Education

For more details, visit <https://wwwmil.whiteman.af.mil/509mss/educ/homepage.htm>

Students beware

Students should beware of purchasing College Level Examination Program study guides and test preparation materials that may be offered in conjunction with a contract purchase of a computer, software, videos, books or an offer for credit evaluation for college admission.

CLEP information and materials are available free to Air Force members. Before you commit to purchasing one of these items, call the BTES flight at 687-5750.

Community

Thrift Shop volunteers needed

Volunteers who are Officer's Spouses Club or Whiteman Enlisted Community Organization members are needed at the Thrift Shop.

The Thrift Shop is open 10 a.m.-2 p.m., Tuesdays and Fridays and 9 a.m.-3 p.m. Mondays, for volunteers only. For more details, call 563-3910.

Summer employment positions opening

On-base summer employment will be available in clerical, computer aid, lifeguard, recreation aid, library assistant, gardener and general laborer.

For more information, visit the Air Force Civilian Employment Web site at <http://www.afpcrandolph.af.mil/jobs>.

Family Support

Call 687-7132 for details on these events or other family support center activities. Events take place at the FSC.

FSC offers financial refresher

A financial briefing for senior airmen and below not attending the First-Term Airmen Center begins at 1 p.m. Monday. Reservations are required.

Writing workshop available

A hands-on workshop that guides people through the resume writing process begins at 8 a.m. Thursday. Reservations are required.

Employment seminar set

A seminar to help people locate jobs on base and in the local community begins at 9 a.m. Tuesday. Reservations are encouraged.



Photo by Staff Sgt. Francesca Popp

Checking off

Melandia Drianis, wife of retired Tech. Sgt. Daniel Drianis, sorts items at the Thrift Shop. Applications are being accepted for the Air Force Chief of Staff's Volunteer Excellence Award. Nomination packages are available at the family support center and due March 19. For details, call 687-7132.

This space is reserved for advertisements

Golf course upgrades

New equipment, greens arrive at Royal Oaks to appeal to more golfers

By Airman Joe Lacdan
Public Affairs

Lying just outside Whiteman's gates there's a place where beginner and veteran golfers can enjoy the game.

The Royal Oaks Golf Course, located across from the Spirit Gate on state Route 23, caters to the golfing needs of players of all skill levels.

"I'm sure there are a lot of people who don't know we're here," said golf course manager Phil Denham.

The course recently resodded approximately 14,000 square feet of its greens and imported top-line golf clubs, new shoe brands and new logos.

The Royal Oaks staff is also giving golfers the opportunity to use the equipment before purchasing.

Denham said he believes new or inexperienced golfers find the course intimidating.

"They don't know what to do when they come into the pro shop and what to do when they hit golf balls," said Denham. "They don't know what type of equipment they need. We have all that."

In addition to its upgrades, the course offers many programs, beginning with the Chili Bowl Tournament March 29. Participants will be charged the entry and greens fees, but chili is free.

Tournaments

The golf course will continue its monthly tournaments — weather pending

— now through October.

The 509th Services Squadron sponsors the tournaments which are scramble-for-matted. There is a \$15 entry fee and a greens fee. Golf carts are available for \$8.

Those interested can call 687-5572 or walk in.

Intramurals

Letters of intent to enroll in Whiteman's intramural golf league are being accepted. The intramural season begins in May and ends in September depending on weather.

Interested members can join by contacting their squadron's sports representative.

Golf clinics

Royal Oaks will offer golf clinics to appeal to a broader audience soon.

"We're trying to generate more play at the golf course from the base members," said Denham.

A junior clinic takes place June 1-7 for children ages 6-13. The children will receive basic golf instructions and learn basic swing techniques.

A women's clinic takes place June 3-10.

New golfers welcome

Instructors are available to help new or beginning golfers.

A free clinic, which features a basic golf skills course, takes place 5:30-6:30 p.m. June 1-7.

"We want to provide opportunities for people to learn the game," Denham said.

Possible golf league

Those interested in joining a golf league should contact Denham. It is planned to take place Thursday nights.

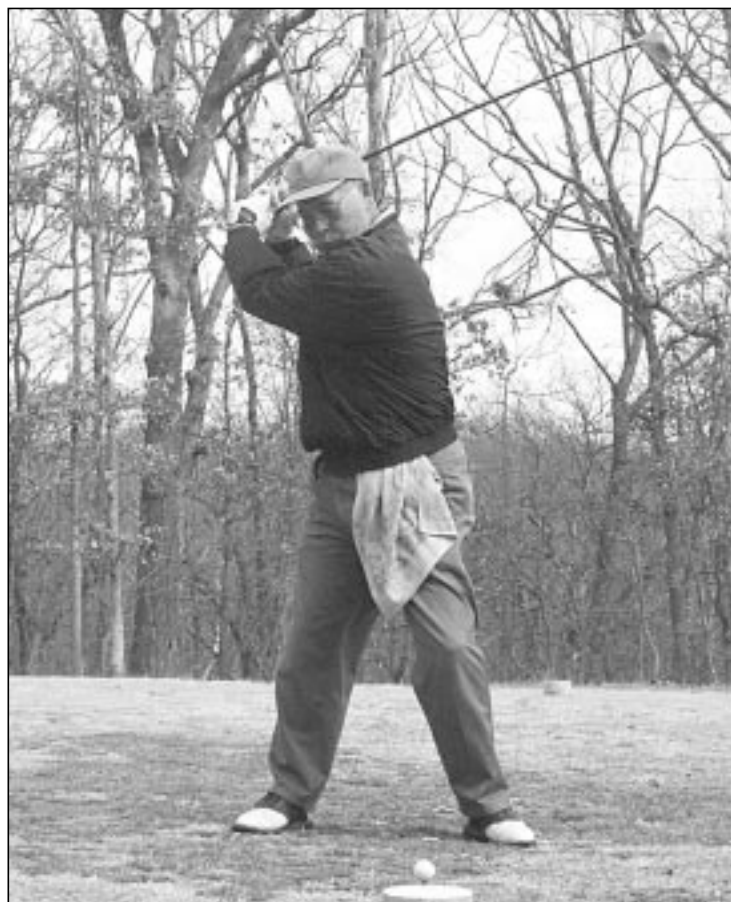


Photo by Airman Joe Lacdan

Bob Martinez prepares to tee off at the Royal Oaks Golf Course. Patrons can enroll in scramble tournaments at the course beginning March 29.



Photo by Staff Sgt. Francesca Popp

Up for the challenge

Clockwise: Airman 1st Class Nicholas Davis, 509th Security Forces Squadron, 1st Lt. Amy Collins, 509th Mission Support Squadron, Airman 1st Class Kerry Kellner, and Airman Robert Hockings, 509th Logistics Readiness Squadron, pose for a photo with Col. Doug Raaberg, 509th Bomb Wing commander, after receiving the Spirit of Fitness Award. They received the award for being the top ergometry scorers for the fourth quarter of 2002. Each quarter, Raaberg presents the top three men and women with a certificate and incentive prizes as a part of his "Beat the Boss" ergo challenge. Not pictured are Senior Airman Jack Watson, 509th Aircraft Maintenance Squadron, and Airman Clarissa Lucero, 509th SFS.



Aerobics Schedule

Mondays — 6 a.m. step interval, noon cardio-kick boxing and 5 p.m. turbo step

Tuesdays — 9 a.m. step interval, noon cardio-kickboxing and 5 p.m. cardio-toning mix

Wednesdays — 6 a.m. step-n-tone and 5 p.m. kick butt

Thursdays — 9 a.m. step-n-tone and noon cardio-kickboxing

Fridays — 6 a.m. cardio-kickboxing, 9 a.m. butts, guts and beyond, and 5 p.m. double step and core strength

Saturdays — 9 a.m. mix-n-match cardio.





Services Page editor.....Brenda Dail
509th Services Squadron.....687-3594

Mission's End 687-4422

\$1 dinner

Club members can enjoy a \$1 buffet 5-7 p.m. Tuesday. The adult buffet includes barbeque brisket, baked beans, corn bread, potato salad and cole slaw. The children's buffet includes chicken tenders, pizza, macaroni and cheese, corn, waffle fries, refried beans, sopapillas and drinks.

Boxing

Club members can watch the top heavyweight boxing competition beginning at 10:45 p.m. Saturday. Call for more information.

Skills Development 687-5691

Framing class

Students can learn to cut glass and join a frame 9 a.m.-noon Tuesday. The cost is \$40 and includes supplies.

Throwing pottery class

Learn to use a pottery spinning wheel in a three-session class 6-8 p.m. beginning Thursday. The cost is \$30 plus clay and glazes.

Dying and spinning wool class

Learn the art of spinning and dying wool in a three-session class 6-8 p.m. beginning Tuesday. The cost is \$27.50 and includes supplies.

Scrapbooking basics

Students can learn to make beautiful pages from their photos 10 a.m.-noon March 19. The cost is \$10 and includes some supplies. Bring in four to six pictures.

Family Child Care 687-5590

Orientation class

Receive free certification to become a family child care provider 8 a.m.-4 p.m. March 17. Sign up by March 12. Stop by the FCC office and pick up a registration package.

Auto Skills 687-5689

Pro Link 9000 code reader class

Learn to operate the model 9000 code reader 2-5 p.m. Tuesday. The cost is \$5. Call to register.

Luck of the Irish



Bowling ball contest takes place through March 31 at Stars & Strikes

- Participants will receive one ticket for every three games of bowling
- Valid during open bowling only
- Tickets will be placed in the container provided for a drawing. Participants must retain half of the ticket.
- Standard conventional is free until March 31. will be free.

Community Center 687-5617

Homeschool group meeting

Families of homeschooled children can meet 7 p.m. Thursday at the community center to organize a Whiteman homeschool group.

Pick your flick

Watch your VHS videos on our big-screen TV anytime during operating hours. Drinks and snacks will be provided.

Picture pick-up

Snakes alive participants can pick up pictures from the community center lobby.

Beautiful baby contest

Parents can enter their child, 12 months and younger, in the annual beautiful baby contest March 10-15 at the community center. Only no copyrighted photos may be entered. The public can anonymously pick winners until March 28. Prizes will be awarded for the top three winners.

Spring Solstice Olympiad

Families can enjoy free indoor sports 2-4 p.m. March 15. Enjoy putt-putt golf, pop-a-shot basketball, wish-4-fish, hoop toss nerfball, stick-e-toss, radical relay and more.

Champions of chess

A chess tournament takes place 1-6 p.m. March 22. The cost is a \$5 entry fee. Light refreshments will be served and medals will be awarded for first through third placings.

Cartooning class

Learn the art of drawing cartoons 3-4 p.m. Saturday. Latisha Banks instructs participants free. Bring a sketch pad and No. 2 pencils.

Teen Center 687-5819

Mission possible

Teens can join a group 4:30-5:30 p.m. Tuesdays to become involved in free community projects.

Laser tag challenge

Teens can play laser tag 3:30-9:30 p.m. in Independence, Mo. The cost is \$20 for members and \$23 for nonmembers, and includes transportation and four games of laser tag. Sign up by Thursday. Bring money for dinner and snacks. *The teen center will be closed during this event.*

Youth Center 687-5586

Softball and baseball registration

Youths 5-18 can register Saturday through March 20 to play softball or baseball. The cost is \$25 for members and \$32 for nonmembers. Children must be 5-years-old as of March 1 to register. Sponsored in part by First Command Financial Planning. No federal endorsement of sponsor intended.

Lucky charms night

Fifth through seventh graders can celebrate St. Patrick's Day 6-9 p.m. March 15. The cost is \$3 for members and \$4 for nonmembers.

Dinner and a movie

Fifth through seventh graders can meet at the youth center 5 p.m. March 22, travel to Sedalia for dinner at McDonald's and then to the Galaxy Theater to watch "Agent Cody Banks." The cost is \$7 for members and \$8 for nonmembers. Return to the youth center at 9:30 p.m. Bring money for dinner and snacks. *(The youth center will be closed for this event.)*

B.R.I.D.G.E.

Five through 12-year-old children of deployed military members can participate in a free video game challenge 3-5 p.m. Saturday. Call each Monday to make reservations. This free program is offered Saturdays by the youth center.

See More **is at it** **again.**

Join the community center for a pool tournament beginning at 7 p.m. today. The cost is \$5 per player. All airmen are welcome to attend.



Library 687-5617

Research papers can be painless

Learn to write research papers for free 9:30-11 a.m. Saturday. Sign up today.

Outdoor Recreation 687-5565

Annual spring crappie tournament

Active-duty, retiree, Reservist or Department of Defense members and their families can fish in a crappie tournament at Long Shoals Marina and Truman Lake. Check in by 7:10 a.m. March 15. The cost is \$25 per boat with a maximum of two people per boat. Visit outdoor recreation to register and to receive a copy of the rules.

Base picnic reservations

Reservations are being accepted for the base picnic areas. The cost is a \$25 refundable deposit. Call to reserve an area.

Wall climbing class

Become certified to climb the 20x20-foot wall 6-8 p.m. today. Extended hours are available from 5:30-9 p.m., today

Whiteman **Base Theater**

Friday **Confessions of a Dangerous Mind** **PG 7 p.m.**

Starring -- Sam Rockwell & Julia Roberts
Chuck Barris, "Gong Show" host and creator of "The Newly Game" and "The Dating Game" was recruited by the CIA and trained to become a covert operative. As he basks in the glamour of two worlds, television producer by day, CIA assassin by night, his life begins to spiral out of control.

Saturday **NARC PG-13 7 p.m.**

Starring -- Jason Patric & Ray Liotta
A narcotics cop, who happens to be a recovering drug addict, is assigned to help uncover the truth behind the murder of a young officer. He teams up with the dead officer's partner and the cover-up they unravel could destroy them both.

Sunday **Darkness Falls PG-13 5:30 p.m.**

Starring -- Chaney Kley & Emma Caulfield
Kyle Walsh must return home to confront his troubled past and save his childhood sweetheart, Caitlin, and her younger brother, Michael, from an unrelenting evil that has plagued the town of Darkness Fall for more than 150 years.

Adults \$3 Youth \$1.50
Movie recording line 687-5110
Movies are subject to change
due to availability